

Emergency Food Vegan

33'579 kcal



Our popular best selling package now vegan!

Inhalt: 1 x Red Lentils 1400g (in 2-liter tin) 1 x Jasmine Rice 1500g (in 2-liter tin)
1 x Black Beans 800g (in 2-liter tin) 1 x Quinoa 1200g (in 2-liter tin)
1 x Chickpeas 800g (in 2-liter tin) 1 x Carrots 500g (in 2-liter tin)
1 x Golden Millet 1400g (in 2-liter tin) 1 x Spelt Flakes 900g (in 2-liter tin)
1 x Vegetable Mix 400g (in 2-liter tin) 1 x Bananas 300g (in 2-liter tin)
1 x Green Peas 350g (in 2-liter tin) 1 x Raspberries 150g (in 2-liter tin)

Weight: 16kg

Dimensions: 55cm long, 41 cm wide, 23cm high

Storage: If possible, cool and dry, without direct sunlight.
A constant temperature of below 20° Celsius would be optimal.

Once opened: Close again with the enclosed plastic lid.
Do not eat directly from the container (contamination), then the content of the opened tin will not go bad for several weeks.
Avoid huge temperature range to prevent development of humidity in- and outside the tin.

Shelf Life: 10 years. Vacuumed and sealed under protective atmosphere (INDOSA pro-VAC)

Nutritional values per 100g:

Product	Energy KJ / kcal	Fat	th. Saturated fatty acids	Carbo- hydrates	thereof sugar	Protein	Salt	Dietary Fibres
Red Lentils	1500 / 359	2,0g	0,5g	53,0g	2,0g	24,0g	0,03g	10,0g
Black Beans	1604 / 380	1,4g	0,4g	62,4g	2,1g	21,6g	0,013g	15,5g
Chickpeas	1412 / 336	5,9g	1,1g	44,3g	2,4g	18,6g	0,05g	15,5g
Golden Millet	1520 / 363	3,5g	0,5g	70,0g	0,4g	10,0g	0,0g	3,0g
Vegetable Mix	1287 / 307	2,7g	0,6g	46,0g	33,8g	13,0g	0,4g	22,9g
Green Peas	1500 / 359	2,0g	0,3g	47,0g	3,0g	26,0g	0,03g	19,0g
Jasmine Rice	1450 / 347	1,0g	0,0g	77,0g	0,2g	7,0g	0,0g	1,5g
Quinoa	1494 / 354	6,1g	0,7g	57,2g	4,9g	14,1g	0,03g	7,0g
Carrots	1274 / 303	1,4g	0,31g	52,7g	49,37g	6,51g	0,45g	23,72g
Spelt Flakes	1358 / 320	2,7g	0,4g	63,2g	0,9g	10,8g	0,007g	8,8g
Bananas	1500 / 360	0,7g	0,2g	77,0g	67,0g	4,0g	0,01g	8,0g
Raspberries	1259 / 300	2,1g	0,07g	33,67g	33,59g	9,1g	0,02g	32,9g